



*“My Life – The Great Adventure”  
A life worth living is worth living well!*

### **The Plot**

- I am expanding my cultural, social and personal “reach” as I stretch beyond my comfort zones of home, work, and church to become a more interesting woman who can abase or abound in whatever situation I find myself.
- I am stimulating my mind, fueling my passions and unlocking the hidden gifts which lie within as I step out of the shadows and into the light.
- With each new experience I am developing my confidence, comfort, ease and lifestyle “signature” as I move into arenas which may have been intimidating at one time, but will be conquered and captivated by my “life abundantly” entrance as *God's Leading Lady*.

### **The Practicum**

*Carefully read and follow the instructions below*

- I am to review the activity ideas in “Package of Possibilities” which are not meant to limit me, but are provided as a guide to get me started; to be used as a potential resource.
- From the categories listed below, I can choose one (1) activity to attend or participate in that I have not previously experienced. I am free to use my imagination as long as it is aligned with one of the listed categories. I may attend the event solo, with a friend, a GLL classmate, my spouse or perhaps my family. (It may become a family tradition!)
- After experiencing the chosen event/activity, I am to give a brief yet insightful written account of my experience using the following criteria: (Explain and elaborate)
  - a. What did I like/dislike?
  - b. What did I learn and how will I use what I learned?
  - c. How was I impacted/changed by the event/activity?
  - d. Would I like to experience the event/activity again?
  - e. Would I recommend the event/activity to others?
- My essay paper must be neatly typewritten; a minimum 250 words; and not more than one (1) 8X11½ typed page. Remember...presentation is everything!
- My essay is to be formatted and written with a degree of excellence that can be read and enjoyed by others. Remember...my life is a living legacy!
- **My “Life Exploration” essay assignment is due at GLL SESSION (5) FIVE.**

## **The Practicum (continued)**

The following STAR system will be used to rate my written essay:

### **Rating**

- \*\*\* 3 Star     Project is submitted on time and is in the appropriate format. The content is clear and concise with elaboration that is well thought out and it holds a degree of excellence in its presentation. The overall essence of the essay shows strong creativity and a genuine willingness to explore life's venues.
- \*\* 2 Star     Project is submitted on time and most of the criteria is met. The content is clear and has some elaboration and some evidence of a willingness to "stretch" out of the usual parameters and to "explore" life experiences.
- \* 1 Star     Project is submitted on time, but the format is poor and the basic criteria has not been met. The response is weak and there is not enough elaboration or too little evidence of "stretching" beyond the borders of "day to day" routines.
- No Star     Deadline is not met; the essay is not submitted on time. Although it is late, the practicum will be considered as a "complete" for the purpose of graduation, but its content is not considered for further grading.

### **Exploration Categories**

- **Public Appearance:** Attend or experience a Fine/Theatre Arts Program. Go to a museum, enjoy a ballet, spend an evening with the symphony, attend a play, listen to a concert or join in the festivities of a cultural celebration.
- **Public Relations:** Participate and /or interact in a social event, charity drive, or other formal platform of communicative exchange. Organize a book club, join an "expressive" dance class; mentor a child, volunteer in a girl scout chapter, paint a "Habitat for Humanity" house, throw a dinner party for people you love and those that you'd love to get to know, audition for talent show, hand out fliers for favorite candidate; or get involved in a special interest or "enthusiasts" gathering.
- **Celebrity Profile:** Cultivate a personal "signature" or a unique sense of life "style" by reaching beyond the normal horizons. Pursue a hobby, stroll along a river bank, tour a botanical garden, take a pottery/mosaic lesson, spa away stress, walk-a-thon, bike-a-trail, hang out in a hammock, take a computer class, go the less traveled route; travel to Paris, stroll the River-Walk of San Antonio, live it "LIVE"!!!

***A Life of Exploration "Lights...Camera...Action!"***

(Note: This page must be attached as a "Cover Page" to my typed essay)

Name \_\_\_\_\_ Date: \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell/Other #: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Category That I Have Selected (check one)**

- Public Appearance**
- Public Relations**
- Celebrity Profile**

*Minimum of 250 words or no more than 1 (one) 8 X 11½ typed page*

(Reminder: This page must be attached as a "Cover Page" to my typed essay)